

# Ritucharya (Seasonal Regimen for Pitta Dosha)

Sharath (mid-September to mid-November), are among six seasons in Ayurveda, This season acts as a bridge between the heat and humidity of summer and the excellent, dry conditions of winter. Sharath is characterized by clear skies, a drop in temperature, and a decrease in moisture, making it essential to adjust one's lifestyle accordingly.

During this time, maintaining a balanced aahaar (diet) and vihaar (lifestyle) becomes crucial. Sharad Ritu's qualities can significantly impact the doshas, particularly pitta, which can become aggravated due to environmental changes. Ayurveda recommends specific dietary practices to promote balance of pitta dosha

During the Sharath ritu focusing on a diet that aligns pitta dosha with Ayurvedic principles to maintain balance and health is essential. This season encourages the consumption of foods that are predominantly sweet, bitter, and cooling in nature, which supports digestion and overall well-being.

Sharath Ritu begins in the middle of September and lasts until mid-November. As we get one last surge of warmth and dryness after the rainy season, your agni, or digestive fire, regains its strength. Water and fire are both prominent energies during this transitional time, which makes it the perfect period to begin to pacify those Pitta energies.

## Pathya (Good) in Foods for Pitta

- Apples
- Berries
- Cherries
- Coconut
- Dates
- Figs
- Mangos (ripe)
- Melons
- · Oranges (sweet)
- Papaya
- Pears
- · Coconut water
- Watermelon
- Carrot
- Cucumber
- Neem leaf( not as food, but as a medicine in lower dose)
- Sweet potato
- · Jowar roti
- Ragi mudde
- · Old rice
- Wheat
- Barley
- Oats
- Normal butter milk (not sour in taste)
- Cauliflower
- Coriander
- Broccoli
- Cabbage
- Green Beans
- · Leafy Greens
- Mushrooms
- Okra
- Mint
- Green Peas
- · Bottle gourd
- · Bitter gourd
- · Snake gourd

- Bell Peppers
- Potatoes
- Pumpkin
- Beets
- · Courgette / Zucchini
- Brussel Sprouts
- Amaranth
- · Basmati Rice
- Oats
- Quinoa
- Kidney Beans
- Chickpeas
- Lentils
- Mung Beans
- · Black Beans
- Butter (unsalted)
- · Cheese (soft, unsalted, not aged)
- Cottage Cheese
- · Milk
- Cream
- Buttermilk
- Coconut Oil
- Flax Seed Oil
- · Cow Ghee
- Amla
- Sunflower Seeds & Sunflower Oil (cooking purpose & medicinal use)
- Pumpkin Seeds
- Olive oil (cooking purpose & medicinal use)
- Safflower Oil (cooking purpose & medicinal use)
- Sesame Oil (cooking purpose & medicinal use)
- · Elaichi milk
- · Coriander mint sharbat
- · Lemon ginger juice
- Thandai (milk-based cooling preparation)
- Kheer (milk and rice)
- Sattu (to be consumed esp. during summer)



can eat in the form of Bhaaji/Pallya /Soup/Juice/Boiled/Salad/Payasa/Roti /Chapati etc

## Apathya ( Bad ) in Foods for Pitta Dosha

- Tea
- Coffee
- Gutkha
- Cigarette
- Alcohol
- · Honey in excessive quantity
- Sour curd
- · Processed food
- · Packed readymade food items
- Groundnut chutney
- Crispy food items like chips, Kurkure , paapad etc
- Pickle
- Fermented idli
- · Fermented dosa
- Fermented padd
- · Deep fried vada
- Tamarind chutney
- · Chinese food
- Pineapple
- Vinegar
- Lemon
- · Santra, orange
- More quantity readymade garam masala
- · Chili flakes
- Unripen all sour fruits



Wake up at 5 am	Have 200ml luke warm plain water without adding anything  Empty bowel, face wash Sit in a silent clean room Start pranayama as mentioned for 20-30 minutes Start meditation for 20-30 minutes  Followed by If you are hungry than you can take anyone item liquid in nature which are mentioned in pathya food list as mild breakfast
7.30 am 8 am	Apply coconut or sesame or any medicated oil over body and sit under sun for at least 20 minutes
8 am-8.20 am	Have a bath with warm water in rainy and winter season, in summer season have to take bath with room temperature water
8.20 am-8.30 am	Chant some god or goddess names according to your religion it helps to pacify tridoshas
8.30 am-9 am	Have a food with any from pitta pathya foods as mentioned in main list according to your convenient
12 pm	Drink water up to one liter slowly and frequently
2.30 pm	Have lunch  From above any pitta pathya foods as mentioned according to your convenient
7 pm- 8 pm	Have dinner  From above any pitta pathya foods as mentioned according to your convenient  10pm go to bed

#### Bad Activities for Pitta Person

- Roaming under hot sun rays
- Working near high temperature areas like hotel cooking, bakery, brick factory etc.
- · consuming hot water frequently
- · fast eating
- · showing anger
- · feeling sorrow
- feeling sad
- showing ego
- · suddenly taking bath after having food ,
- · should always have bath first

### Best Pranayama for Pitta Dosha Management

- Sitali pranayama (5 minutes)
- Anuloma viloma pranayama(10 minutes)
- Bhastrika pranayama (5 minutes)
- Salsbasana
- Anjanasayana
- Uppavistakonasana
- · Paschimottasana
- Ardhamatysyendrasana



### General Prescription for Pitta Disorder

Pittashekara rasa with Gold(sdp company) -60 tablets-(1 tab twice a day morning & night after food)

Mahatikta gruta (AVN company)-  $\frac{1}{4}$  teaspoon or 5ml if it is in liquid state- 15 minutes before food one time at afternoon -in working hours you can carry that small pet jar in your bag.

Kamadugha with Mouktika(sdp company ) -2 pack(1 tab twice a day morning and night) 20 minutes before food.

Above general prescription is for who don't following any other prescription given by other doctor for major chronic disorder like heart, kidney diabetes etc they should follow only foods and life style as mentioned in this report

If you are interested in taking above prescription medicine which are safe for everyone you can send screenshot to our pharmacy whatsapp number 7019973559, within 4-5 workingdays medicine will be sent to your home by courier and take as per dosage above mentioned infront of medicine

Best shodana treatment for Pitta dosha is Virechana, etc duration of this treatment is 15 days , you have to stay in nearest Ayurveda hospital to complete this procedure cost of this treatment may vary from 20000rs -1 lakh as per facilities provided by respective center, keep in mind after completion of panchakarma treatment person should follow healthy food style life style to maintain best health. Note Virechana treatment don't cure chronic hyperacidity or chronic gastritis this only pacifies & balances pitta dosha in body.

#### General Instructions

- Early morning after you wake up don't drink water more than 300 ml, excess water makes distended abdomen & gastric issue
- In rainy and winter season water should be Luke warm
- In summer season water should be at room temperature
- Don't add lemon juice honey and any other things to Luke warm water it may cause acidity and vayu disturbance
- Hourly 150 to 200 ml water is enough throughout the day you may Increase in summer season or if you are doing outdoor hard work
- Never drink water one and half hour before food and one and half hour after food in heavy quantity if necessary, take only 100ml, In Between food take water sip by sip only.
- While eating chapati, Maida Non veg or any other heavy to digest items better to have Luke warm water sip by sip during consumption.

Special instruction regarding usage of internet to seek medical help

Never try to check your health problems by searching in google or something else That will be general information not for personal usage, each sign and symptoms on internet link to cancer, kidney failure, heart attack or many other deadly disease which will be not true, personal consultation with your doctor is best way to follow, searching and gathering information on your own may increase heart beat rate, sweating, breathlessness, bloating in stomach, anxiety, panic disorders, fear, sleeplessness, nervous disorders, repeating same mistake you end up with chronic mental disorders for long duration it may take many months to fade away from your memory, because 20 diseases may have same signs and symptoms only experts can guide you.

MONEY BACK GURANTEE --- IF YOU FOLLOW ABOVE ALL THINGS STRICTLY FOR 45 DAYS VATA PITTA KAPHA DOSHA COME TO BALANCE AUTOMATICALLY YOU START TO FEEL VERY COMFORT & HAPPY PHYSICALLY, MENTALLY & SPIRITUALLY, THIS IS ONLY FOR THOSE WHO HAVE MANY HEALTH PROBLEMS BUT ALL DIAGNOSTIC REPORTS ARE NORMAL, AFTER FOLLOWING STRICTLY ABOVE MENTIONED FOOD STYLE & LIFE STYLE & SEASONAL REGIME STILL YOU DIDN'T EXPERIENCE ANY GOOD THINGS YOU CAN CLAIM YOUR MONEY BACK.

Thank You